

## MONTHLY BOARD MEETING MINUTES

June 27, 2016

### Mental Health Board

#### Members in Attendance

Bartley, David  
Bond, Yvonne  
Dickinson, Will  
Holmes, Jim  
O'Meara, Janet

#### Absent Members

Thickens, Theresa  
Stanners, Sharon

#### Staff and Guests

Abrahamson, Twylla	Hornet, Michael
Bauman, Maureen	Ivazes, Christina
Behrens, Sharon	McLennan, Geoff
Cataldo, Lisa	Osborne, Marie
Ellis, Amy	Roberts, Kathy
Gilbert, Lee	Taylor, Will
Goodwin, Michelle	Wierenga, Dianne
Hart, Amanda	

### Welcome and Introductions

Yvonne Bond, Secretary/Treasurer of the Mental Health, Alcohol and Drug Board (MHADB), called the meeting to order at 6:15 p.m. Members and guests were welcomed and introductions were made.

#### ❖ **Board Protocol (Non-Board Member Participation)** – *Read into the minutes*

- This item is designed to clarify, for new attendees, the role of non-board members and their participation while attending the Mental Health, Alcohol and Drug Board (MHADB) meetings.
- The MHADB encourages public input in all of its meetings. In order to facilitate this, we allow for public input two times – once at the beginning of the agenda and once at the end. These times are for those items that do not appear on the agenda. For items that are on the agenda, the Board will allow time for input from the public at the time the item is heard by the Board. Input guidelines are as follows:
  - a. *All remarks shall be addressed to the Board as a body and not to any member of the board or staff.*
  - b. *No person, other than a member of the Board and the person having the floor shall be permitted to enter into any discussion without the permission of the chairperson.*
  - c. *For items not on the agenda, each person is limited to three (3) minutes of comment during the Public Comment Period(s.)*
  - d. *For items on the agenda, each person is limited to five (5) minutes of comment during the agenda item, unless time is extended by the chairperson*
  - e. *For items on the agenda, if there is a person speaking on behalf of a group, with no other comments by another member of that group, please identify yourself as such and your time may be extended at the pleasure of the chairperson.*
  - f. *Total discussion time on any item may be limited by the chairperson to ensure that all of the business on the agenda is completed no later than 8:00 p.m.*

#### ❖ **Guest Speaker: Christina Ivazes**, Public Educator, Children's System of Care -- *Presenting on Coalition for Placer Youth*

- We created Placer Nevada Coalition working in both Placer and Nevada counties. Additional partners are the Placer Nevada County Medical Society, Placer County Youth Commission, Coalition for Auburn and Lincoln Youth, the Opioid Safety Coalition and the Coalition for Placer Youth (who coordinates the efforts). There is a lot of overlap between these organizations to help get the messages out to the community.
- The coalition created new brochures with a new permanent phone number and was handed out at our recent drug take-back day, on April 30<sup>th</sup>, 2016. 5700 lbs. of prescription medication was collected/removed and 1400 surveys collected. The survey showed 40% of residents do not secure their medication.
- The Opioid Safety Coalition is working on permanent medication disposal sites and physician and community education regarding alternate pain management.
- Through student surveys, we have found that students are very stressed, and stress can lead to mental health challenges in the future. Because this is a concern, wellness education has become a priority. Rocklin High School has started a wellness speaker's series. We are trying to educate people that the teen brain is vulnerable to mental health challenges and drug use concerns including marijuana use.

- The Placer County Youth Commission is working on the prevention of alcohol use in Placer County. They passed the Rocklin and Roseville Social Host Ordinance, which holds adults more accountable and includes fines. They are hoping to have a countywide ordinance. A survey showed that most teens do not drink and have not consumed alcohol in the last 30 days. The Youth Commission gave out 18 awards for their positive contribution to Placer County. There are multiple coalitions in the Placer County Youth Commission.
- Our partner, River Coyote, who provides staff support to the coalition in the Truckee/Tahoe area, has launched the Athlete Committed program, which supports adults being more accountable. We are working on bringing this to parts of Placer County. They have had a number of speakers come to talk about drugs, alcohol, and mental health concerns.
- We are always re-evaluating ourselves to make sure we are developing our programs to meet the community's needs.
- From our Placer Youth Survey, we found substance use is going down; it is, however, spiking between 9<sup>th</sup> and 11<sup>th</sup> grade.
- The end of August, we will be doing a forum on how to de-escalate conflict with your teen and improve communication. It will be open to the community.
- Tahoe has a higher rate of alcohol, marijuana, and prescription drug use than other parts of the state. They have a unique situation, being a vacation destination and are isolated.
- We have been able to show a great film: "The other side of Marijuana" that shows the negative effects of marijuana use.
- A new term out by the federal government is the Triangulum, which includes e-cigarettes. The federal government is now regulating the age on e-cigarette usage (tobacco product).

### **Secretary/Treasurer's Report**

- **Approval of the May 20, 2016 Retreat/Workshop and Regular Board Meeting Minutes** – Minutes approved as distributed.
- **Approval of Treasurer's Report - \$1,500 - Amount budgeted for Fiscal Year 2015-16.**  
Expenditures for the month of May include: \$124.76 - food purchased, leaving a balance of \$222.74. Balance is accepted as presented.

### **Standing Committee Reports**

- ❖ **Executive Committee** – Yvonne Bond, on behalf of Theresa Thickers
  - The following contracts were reviewed by the Executive Committee in their June 10, 2016 meeting.
    - Action was taken to approve all contracts per the below motion.
    - ☐ Telecare Corporation FY 2016-17
    - ☐ Amendment with Sutter Center for Psychiatry
    - ☐ Nevada County Behavioral Health for 24/7 Telephone Crisis Services
    - ☐ Agreements for Substance Use Treatment and Related Services

**Theresa Thickers made a motion to recommend the BOS approve the above-mentioned contracts, Yvonne Bond seconded. Motion carried.**
- ❖ **Alcohol and Drug (AOD) Committee** – Amy Ellis for Sharon Stanners
  - The group was interested in advocacy opportunities. The 1115 Waiver might offer these opportunities.
  - There was a discussion regarding the continuum of care for people with both substance use and mental health disorders, as well as how difficult the various systems can be to work with.
- ❖ **Quality Improvement (QI) Committee** – Janet O'Meara
  - Marie Osborne reminded everyone that there are three days left for test calls.
  - Janet O'Meara reviewed with Marie Osborne and Twylla Abrahamson the need to refine the QI process with which members can bring complaints forward and the findings brought back to the MHADB. A chart was developed, some time ago, outlining the complaint process and how they are handled. Ms. O'Meara feels there is confusion around how to reconcile members' statutory obligation.
    - Janet O'Meara and Marie Osborne will meet for further discussion and possible options.
- ❖ **Children's Committee** – Will Dickinson
  - There was a discussion about goals for the year and the information in the annual report.
  - Questions were raised about Mobile Crisis Triage team for children. They are utilizing wraparound services to help with additional services.

❖ **Adult Services Committee** – Janet O'Meara

- Discussed the transition plan for Yvonne Bond and David Bartley to share chairperson duties when Ms. O'Meara's term expires.
- The overview summary of family involvement within the Adult System of Care (ASOC) and community partners is almost finished. It also offers recommendations the committee would like to see implemented to ensure the family is respected in the process while respecting HIPPA guidelines.
  - Betsaida LeBron of Nor Cal Mental Health America is partnering with the committee to develop an information packet for families and to be distributed via service partners.
  - ASOC has been looking at family involvement as well.
  - Curtis Budge, Program Manager, reported ASOC will have more training on a variety of topics in the coming months.
- The committee made a site visit to Maureen's House in Roseville and Placer Street Apartments in Auburn. It was very good evidence of how important housing is to the recovery process. The group made a list of follow-up questions and will take to the ASOC Housing program managers for discussion.
- Yvonne Bond would like to allocate a portion of the committee meetings to allow consumers and/or families to discuss any concerns and challenges they may have with ASOC or other service providers.

**Board of Supervisor (BOS)-Representative**

❖ Supervisor, Jim Holmes reported on the following:

- Last Tuesday, the BOS adopted a medical marijuana ordinance. Staff did a tremendous job getting everything together. There were many opposing views. Many people including law enforcement, district attorney, and several city council members gave testimony during the almost three and one-half hour meeting. Mr. Holmes provided a summary of the options and regulations passed.
- On June 30<sup>th</sup>, Koinonia in Loomis is having the Tracey's Place of Hope ribbon cutting. Fred Biletnikoff, Hall of Fame receiver, donated money to start Tracey's Place of Hope, located in Loomis.

**Correspondence and Announcements**

❖ Yvonne Bond, on behalf of Theresa Thickens, reported on receipt of the following:

- Nothing reported.

**Director's Report**

❖ Maureen Bauman reported on the following:

- To help increase awareness on Assisted Outpatient Treatment, a PowerPoint will be created to share with different organizations.
- ASOC is working on system changes to help families feel more involved. Mental Health America and the Clinic Services team are working on these changes.
- 1115 Waiver/Drug Medi-Cal Organized Delivery System will expand treatment options (for Medi-Cal recipients) for substance using clients and requires an ASAM (American Society of Addiction Medicine) screening and assessment to determine appropriate level of care and need. David MeeLee, a UC Davis Psychiatrist, will be in Placer on July 20, 2016 (Rocklin Event Center) to discuss these changes. The public is welcome.
  - Request made to have Janna Jones email flyer to members.
- We are recommending to the BOS that the Placer County Medical Clinic be transitioned to a privately operated clinic. A Beilenson Hearing takes place on July 12, 2016. Western Sierra Medical Services has been selected as the contractor. If the BOS approves, we will have a contract with them for a while to monitor that services will continue. They are committed to seeing uninsured as well as Medicare and Medi-Cal.

**Unfinished Business**

❖ Recruitment/Visibility (*Standing agenda item*)

- We have had a lot of interest in the MHADB; thank you to everyone who has shown an interest.

❖ Proposed MHADB Bylaw Amendment [**Action Item**]

- Tabled until next meeting; item needs to go back to Executive Committee for final editing.

❖ Vote on Slate of Officers **Action Item**

Yvonne Bond reviewed the proposed slate of officers for FY 2016-17.

- ☐ Chairperson: Theresa Thickers
- ☐ Vice-Chairperson: Sharon Stanners
- ☐ Secretary/Treasurer: Yvonne Bond

**Jim Holmes made a motion to accept the slate of officers, Will Dickenson seconded it. Motion carried.**

❖ Guest Speakers/Trainings for FY 2016-17

- Maureen Bauman invited suggestions from members.
  - Mental Health Services Act - No Place Like Home initiative. Would like clarification and details.
  - Mobile Crisis Triage team presentation. What is it like when they go out?
  - First responders and law enforcement. What is it like when they go out?
  - Psychiatrist/Psychologist. What is it like to sit with someone who has depression or schizophrenia and what methods are working and what area's need to be updated?
  - Genotype test. Would like more information.
  - High school students – hear from individual consumers and those impacted by suicide.

❖ Time Schedule for the FY 2015-16 Annual Report to the Board of Supervisors

- Our fiscal year is over June 30<sup>th</sup>. We will need a timeline for the draft report.
- In the May minutes, Theresa Thickers set a due date of July 14<sup>th</sup> for each committee to submit their draft report.
- The committees should have the final reports to this board by the end of August 2016.

❖ California Association of Local Behavioral Health Boards and Commissions (CALBHB/C) Update

- Janet O'Meara shared her concern of disorganization within the CALBHB/C organization. She is not sure if this is a good opportunity to continue. There is a \$500 cost to continue membership.
- Ms. O'Meara can provide the website address for those interested in additional information.
- It's possible to have Janet O'Meara come back as a presentation to the board.

❖ Review of FY 2016-17 Annual Goals (Discussed in Annual Report)

- No changes.

**New Business**

❖ Certificate of Appreciation Presented to Janet O'Meara

- Janet O'Meara was presented with a certificate of appreciation for her six years of service on the MHADB. Yvonne Bond shared how much she appreciated her passion, enthusiasm and support.

❖ Annual Report Card

- The report card is available for everyone's review.

❖ Approve the Purchase of Tablecloth with New County Logo **Action Item**

- Item tabled.

**Board Member Comments**

- ✧ Janet O'Meara works with the CASA (Court Appointed Special Advocate) program and noted that they need male mentors.

**Public Input**

- ✧ Lee Gilbert thinks the meeting is very interesting and really enjoyed it.
- ✧ Marie Osborne thanked Janet O'Meara for all of her time on the MHADB and for her advocacy.
- ✧ Michael Horne wanted everyone to know that people with disabilities are misunderstood. He would like to create a convention and do a presentation for this board. He would like to see a wellness and recovery center specifically for mental health clients.
- ✧ Maureen Bauman, in response to a question, advised that the County Behavioral Health Directors Association, which she is a member, tracks California legislation. She can bring legislation/information forward to the full board upon request.

**Adjournment**

- The meeting was adjourned at 8:01 p.m.

- Monday, July 11, 2016, at 4:00 p.m. is next Executive Committee meeting (ASOC).
- Monday, July 25, 2016, at 6:15 p.m. is the next Board meeting taking place in the HHS Adult System of Care Large Conference Room, 11533 C Avenue (Dewitt), Auburn.

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Secretary/Treasurer, Mental Health, Alcohol and Drug Board